

The University of Texas at Austin School of Nursing

Stress, Coping and Health in Motherhood Study

Resources for Moms

Austin/Travis County Resources	
Support programs for women & families:	Breastfeeding support
Any Baby Can (community agency) https://anybabycan.org/programs/	La Leche League http://texasll.org/group/central-texas
Mental Health Resources:	
Austin Travis County Integral Care 24/7 Crisis Hotline for Mental Health 512-472-HELP (4357)	Pregnancy & Postpartum Health Alliance of Texas: http://pphatx.org
Write in your doctor's or clinic's phone number	Family Violence
	The SAFE (Stop Abuse for Everyone) Alliance 24-hr SAFEline: 512-267-7233
National Resources with Websites or Helplines	
Tips on parenting children:	Help in stopping to smoke
National Institutes of Health: Download a booklet on parenting from birth to age 14 https://www.nichd.nih.gov/publications/product/74	American Cancer Society: Telephone counseling to help you quit smoking: 1-800-227-2345 Press "3" for the QuitLine
Change your habits for better health	Finding a facility for substance abuse treatment
National Institutes of Health: Easy to read guide of changing a health behavior: https://www.niddk.nih.gov/health-information/diet-nutrition/changing-habits-better-health	Substance Abuse & Mental Health Services Administration: locating a substance abuse treatment facility: http://findtreatment.samhsa.gov/
Information on healthy eating	Postpartum mental health support
U.S. Dept. of Agriculture: Tips and resources to aid you in health eating: http://www.nutrition.gov/smart-nutrition-101/healthy-eating	Postpartum Support International: http://postpartum.net/ Text "Help" to 800-944-4773 (English) Text en Español: 971-203-7773
Tips on starting physical activity	Mental health hotline for Moms
National Institutes of Health: how to start and continue being physically active: https://www.niddk.nih.gov/health-information/weight-management/tips-get-active/tips-starting-physical-activity	National Maternal Mental Health Hotline Call or text: 1-833-9-HELP4MOMS (1-833-943-5746) TTY Users can use a preferred relay service or dial 711 and then 1-833-943-5746
Physical activity: Pregnant women & new moms	Information & resources for disabled moms
US Centers for Disease Control and Prevention: answers about physical activity during pregnancy: http://www.cdc.gov/physicalactivity/basics/pregnancy/index.htm	Disabled Parenting Project https://disabledparenting.com https://www.facebook.com/disabledparentingproject